



# CAPS FOUNDATION INFOMAG



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## From the Editor's Mind

In today's world, there is an increased focus on health. Slowly, we have started to realize that our lifestyles are taking a toll on us. This has led us to spend generously on things which improve our physical well being. However, one thing which we fail to give attention to is our mental well being which is equally, if not more, important.

In our stressful lives, we hardly take out time to improve our mental well being. We all know that the way we think and react makes all the difference - be it in our professional life or personal life.

At CAPS, this issue has always been highlighted. We take this forward in this issue of the Infomag. We discuss about Meditation and the power of positive thinking.

Let's strive to achieve a peaceful and balanced mind.....



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May'17

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### Editorial Team

- Cf Aakash Ostawal
- Cf Sumanth Cr
- Cf Narasimhan E
- Cf Abhilash Kumble

# Benefits of Meditation



Benefits of regular meditation are:



Keeps your stress-free



Reduces ageing



Adds more hours to your day



Increases your attention span



Helps you appreciate life more



Increases immunity and helps fight diseases



Helps you feel more connected



Improves metabolism and helps you lose weight



Helps you have a good night sleep



Improves functioning of your brain



Makes you and those around you happier.



# THE VIPASSANA EXPERIENCE

- By Cf Aakash Ostawal

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was rediscovered by Gautama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills.

Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind.

The technique is taught at ten-day residential courses. The course requires hard, serious work. There are three steps to the training. The first step is, for the period of the course, to abstain from killing, stealing, sexual activity, speaking falsely, and intoxicants. This simple code of moral conduct serves to calm the mind, which otherwise would be too agitated to perform the task of self-observation. The next step is to develop some mastery over the mind by learning to fix one's attention on the natural reality of the ever changing flow of breath as it enters and leaves the nostrils. By the fourth day the mind is calmer and more focused, better able to undertake the practice of Vipassana itself: observing sensations throughout the body, understanding their nature, and developing equanimity by learning not to react to them.

The entire practice is actually a mental training. Just as we use physical exercises to improve our bodily health, Vipassana can be used to develop a healthy mind.

It is not taught commercially, but instead is offered freely. No person involved in its teaching receives any material remuneration. There are no charges for the courses - not even to cover the cost of food and accommodation. All expenses are met by donations from people who, having completed a course and experienced the benefits of Vipassana, wish to give others the opportunity to benefit from it also.



Cont...

### Things which I would like to highlight based on my experience.

1. Vipassana is not just a 10 day course but a way of life. Do not expect your life to transform overnight. It will require hard work and persistence to achieve results.
2. Strong determination is required to complete the course. The schedule over the 10 days involves meditation from 4:30 in the morning to 9:30 in the night with small breaks in between. No form of communication is allowed at all with anyone. Silence is to be observed till the last day of the course.
3. The most important part about the technique unlike most other techniques is that it teaches us to observe the reality within ourselves rather than focusing on external objects. While other techniques help in concentration of the mind, they do little to purify our minds from our accumulated stock of thoughts, judgments, cravings and aversions which affect us every day.
4. Every principle taught in the 10 days is a universal truth. The best part about the technique is that it is totally non sectarian.

I would suggest everyone to go and attend the Vipassana Course.

**Below is one Part of the Technique of Vipassana called the Anapana Meditation which helps to develop concentration. Try it and you might just remember the Income tax section in exams which you otherwise did not.**

## Anapana

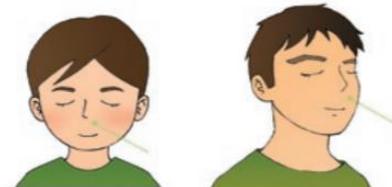
Anapana is an old Indian word which means respiration. Anapana meditation is the awareness of the breath coming in and going out.



In order to feel the benefits in your life, practise this meditation for 10-15 minutes, twice a day (morning and evening).



## Meditation



③ Keep your eyes gently closed.

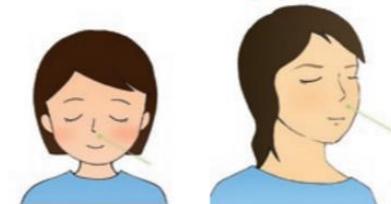
④ Keep your mouth closed.

⑤ Focus all your attention on the entrance of the nostrils.

⑥ Remain aware of the natural breath as it comes in, as it goes out.

⑦ Don't try to control or count the breath.

## Technique



⑧ Don't add any word or imagination of any kind.

⑨ When the mind wanders away, bring it gently back to the awareness of your breath.

⑩ Try to remain aware of each and every breath that comes in and goes out.



## CUT -VE = +VE

**WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE!**

How often do we dwell on things that happened in the past and cling on to them? More often than what we think!! For many of us, thinking negatively is second nature. We get down on ourselves when things don't go as planned, get depressed easily and can't seem to look on the bright side. If this sounds like you, then you're not alone.

Thinking about the past or the future is what we get anxious about. Rarely do we panic about the present moment. If you find yourself dwelling on something that either has already happened or is yet to occur, remind yourself that the only thing you have control over is the present. That is the only thing that really counts.

As someone once said "Life's problems reveal who we really are!" and that's true; negative thinkers say "yeah, but" when things are going great. On the other hand, the positive thinkers can remain upbeat when times are tough. Life is not something that has to be lived in misery; it a gift from God that has to be made worthwhile.





**If you're at a hotel and run out of chargers, the tv usually has a usb plugin**



**Use an accented letter as your passcode. No one will ever be able to guess it.**

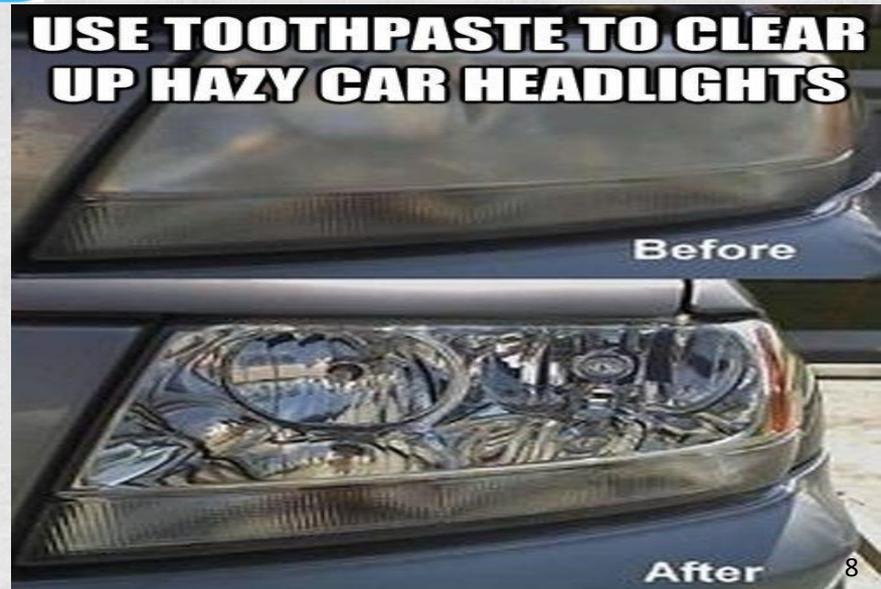
Courtesy: <http://www.lifehack.org>



Compiled by Cf Narasimhan Elangovan



**Never lose your remotes again!**

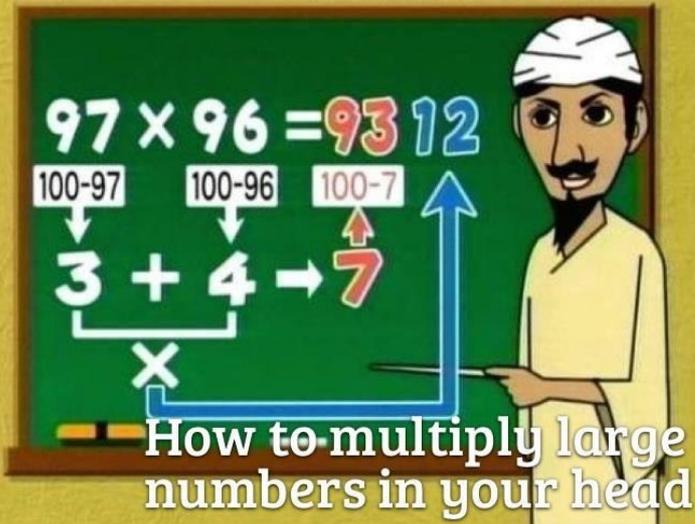


**USE TOOTHPASTE TO CLEAR UP HAZY CAR HEADLIGHTS**

Before

After

# MATHS IS FUN



Shall we try with some other number?

$$99 \times 98 = ??$$

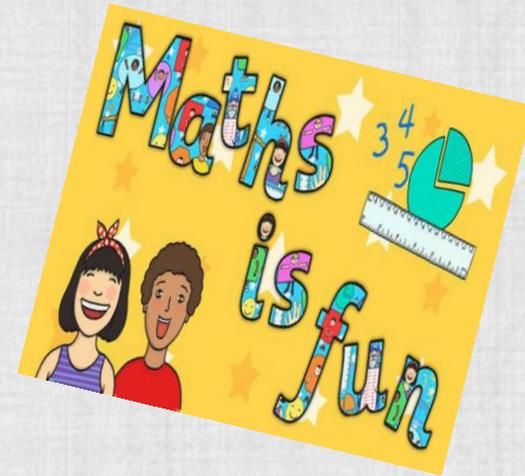
$$(100-99) * (100-98)$$

$$1 + 2 = 3$$

$$100 - 3 = 97$$

$$1 * 2 = 02$$

$$99 \times 98 = 9702$$



## Rule of “ALL FROM 9 AND THE LAST FROM 10”

- For example  $1000 - 357 = \underline{643}$

We simply take each figure in 357 from 9 and the last figure from 10.

- This always works for subtractions from numbers consisting of a 1 followed by zeros: 100; 1000; 10,000 etc.

For  $1000 - 83$ , in which we have more zeros than figures in the numbers being subtracted, we simply suppose  $83$  is  $083$ .

$$\text{So } 1000 - 83 \text{ becomes } 1000 - 083 = \underline{917}$$

Cf update

# One K for one K- Your generosity for nation's prosperity



Caps foundation has come up with another new project to help underprivileged schools. The idea behind it is -

If a person contributes say Rs. 1,000 per month to CAPS foundation (say by way of standing instruction or NEFT or Paytm), and even if minimum 200 people contribute for a year, Cf would have collected a corpus of Rs. 24 Lakh (Rs. 1,000 x 12 months x 200 members).

On an average, CAPS foundation spends close to Rs. 50,000 towards a single Government School in Karnataka in aiding their education (from benches, to cupboards; books, playing equipment to charts and tables and toilet for girls ). This would mean that we can cover at least 40 to 50 schools in a year and on an average at least about 3-4 schools every month. Considering this rate, in a span of 5 to 10 years, we would be able to cover all the Government schools in Karnataka and perhaps in future the whole of the Country.

So, requesting all for your helping hands to make this successful.

You can contribute any amount for the cause.

Open to everyone. Any of your friends, relatives, colleagues who want to join hands are free to do so. Please spread the message and encourage people to contribute small amount for bringing the big impact.

Bank Account details for making contribution:

The details are provided on CAPS foundation website. You may follow the link below : [www.capsfoundation.in/donate](http://www.capsfoundation.in/donate)

CAPS foundation received voluntary contributions amounting to Rs 1,52,000 towards 1k for 1k program in the April 2017.

We thank you for your contribution.

We assure you that the entire amount will be used for a noble cause.



# Knowledge Sharing

## Concept of the month: BIG DATA ANALYTICS

Big data analytics is the process of examining large and varied data sets -- i.e., big data -- to uncover hidden patterns, unknown correlations, market trends, customer preferences and other useful information that can help organizations make more-informed business decisions. Driven by specialized analytics systems and software, big data analytics can point the way to various business benefits, including new revenue opportunities, more effective marketing, better customer service, improved operational efficiency and competitive advantages over rivals.

## WORD OF THE MONTH:

Iridescent - showing luminous colours that seem to change when seen from different angles.  
Eg: Her latest fashion collection features shimmering iridescent materials.

## FRUIT OF THE MONTH: GOOSEBERRIES

Gooseberry known as Amla is among the healthiest food due to its high nutrient content. It is a rich source of antioxidants, iron, vitamin A, C, fiber, potassium, magnesium, calcium, etc. So it highly proves beneficial to health. It is effective to prevent cancer or tumor cell growth. It also improves eye health, improves hair luster, skin, anemia, etc.



## APP OF THE MONTH: GLASSWIRE

GlassWire helps you keep track of your data. It shows you a real-time graph that shows how much data you've used, the apps that use it, and more. It's most useful for those who have limited data caps and want to keep track of how much they've used. However, it's also an excellent way to see the apps that access your network the most and how often they do it. You can even have GlassWire alert you whenever a specific app accesses data. It's free to download with no in-app purchases.



SQC - 25

## SHETTY SIR'S QUIZ CORNER



1. When did 4 GST Bills get an assent by our Honorable President?
2. Name the English Batsman who retired recently aged 26.
3. For which class of persons does the Insolvency and Bankruptcy code, 2016 not apply?
4. Which country is the largest producer of Mangoes in the world?
5. Which is the 1st Indian colour Film?

## ANSWERS TO SQC 24

1. Floating post office in India - Dal Lake, Srinagar
2. highest bridge in India - Baily bridge, Ladakh valley constructed by Indian Army
3. Planet which would float when put in water - Saturn
4. 8th continent of the world - Zealandia
5. First Chinaman bowler in Indian Team - Kuldeep Yadav

Mail us your answers by 15th May 2017 to  
[infomag@capsfoundation.in](mailto:infomag@capsfoundation.in)

# THOUGHT FOR THE MONTH

If you want peace, stop fighting.

If you want peace of mind, stop

fighting with your thoughts.

Peter McWilliams

“ quote fancy